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Seasonal Stir Fry

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From the kitchen of: **Lester Wilson**
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Seasonal Stir Fry

INGREDIENTS:

Your favorite vegetables such as: zucchini, yellow summer squash, carrots, scallions, green beans, Japanese eggplant, asparagus, onions, and peppers (preferably red or yellow)

Oil

Fresh ginger root

3 garlic cloves, minced

½ teaspoon sugar

Dash of salt

1 tablespoon soy sauce

Sesame seed oil or Mongolian fire oil

DIRECTIONS: Cut vegetables into uniform bite-sized pieces. Heat three tablespoons of oil in a large wok or large skillet. Add a few slices of fresh ginger root and three garlic cloves and cook for three to four minutes until lightly brown. Add vegetables and cook for ten minutes or until vegetables are tender. Add a ½ teaspoon sugar, dash of salt, one tablespoon soy sauce, and a few drops of sesame seed oil and cook two more minutes. For a spicier taste use Mongolian fire oil. Can also prepare with your favorite meats or tofu. Serve with rice.